

Appendix B:**Way to Go, Seattle “One-Less-Car” Demonstration Study
Seattle Department of Transportation****Fall 2002 Participant Household Case Studies**

Household Name	Driver 1	Driver 2	Driver 3	Total # of cars
1. Alsheikh	Barbara	Najwa	Noura	2
2. Appel - Rockhold	Elinor	Mike		2
3. Campbell	Steve			1
4. Cencini – Roberts/Fairbanks	Andrew	Lauren		1
5. Choder - Freedman	Howard	Robin		2
6. Christoffersen - Weber	Jeff	Lisa		2
7. Daniel - Roubal	Diane	Jon		2
8. DeNucci	Amy	Tom		2
9. Dion - Yang	Gin	Melissa		2
10. Dixon - Natta	Christina	Jeannie		2
11. DoBrovolny – Salo*	Denise	Lauren		2
12. Erickson - Holt	Larry	Susan		2
13. Finucane - Villegas	Brenden	Christian		2
14. Gaba	Dave	Kersten		2
15. Goff	John	Galen		2
16. Gray - Kim	Mitch	Sangeun		2
17. Hall - Thames	J.T.	Mike		2
18. Hamilton	David			1
19. Hendrickson - Kurtti	Mirva	Scott		1
20. Jaback - Knox	Bill	Cheryl		2
21. Johnson - Wilang	Candi	Kim		2
22. Kavanaugh	Barbara			1
23. Kurtz - Hummel	Anne Marie	Todd		2
24. Lawrence	Sam	Terri		2
25. Montgomery	Lynn			1
26. Nelson	Craig	Sheri		2

27. Nemeth	George	Teresa		2
28. Ogden	Allison	Eric		2
29. O'Sullivan - Lathrop	Christina	Tobin		2
30. Ottoson - Lemberg	Denise	Margaret		2
31. Paluska - McElwain	Nancy	Scott		2
32. Picard	Lisa			1
33. Riles - Rainforth	Brian	Eric		2
34. Roach	Shannon	Vaughn		2
35. Sanem - Bjarko	Greg	Susan		2
36. Stroschein	Bob	Patti		2
37. Thomley - Dethman	David	Linda		2
38. Tomlinson - O'Callaghan	Cass	Jim		2
39. Werner – O'Neill	Don	Mary Beth		2
40. Whalen	Lisa	Rodger		2
41. Williams - Summers	Irene	Jennifer		2

(Note: Households with only one car gave up their only car for the Non-Driving weeks of the study.)

** Due to personal circumstances, this participant household was unable to provide information which would have allowed us to complete a Case Study/Profile.*

Participant Profile

Barbara, Najwa, Noura, Ethan Alsheikh

1 adult in household, and children ages 20, 17 and 5 months. They live in the Judkins Park Neighborhood of the Central District.

Their *One-Less-Car* was a 1991 Mazda Protégé.
Cost to operate: \$75 per week

How did they do? - In 9 weeks, they drove 156 fewer trips and 780 fewer miles through their neighborhood. On average, they drove 17 fewer trips and 87 fewer miles every week!

How did they accomplish it? - By not making some trips altogether, especially non-essential trips, and by bussing and biking a lot more instead of driving.

How much money did they save by not using their second car? - Saved an average of \$67 per week

Will they sell their second car? - No, because Najwa has an infant son and they feel some reliable form of transportation is really necessary at this time, but if they didn't have the infant they would sell their 'extra' car.

What did Barbara, Najwa, and Noura have to say about the study?

One of the best parts of the study for Najwa was knowing that she didn't pollute. For Barbara it was finding out that it didn't create as much difficulty as she thought it might.

Key Insights to Share: "That it is do-able but takes advance planning to work out everyone's schedules, and cooperation from everyone involved."

"The insurance (on the 'extra car') is about \$200 per month and when I realize how little we really need to use it, I kind of resent the cost."

Results:

- They saved 524 pounds of carbon dioxide (greenhouse gas) and 20 pounds of carbon monoxide (smog).
- Barbara says the study gave her food for thought about how I drive.
- Najwa will walk more often, and will continue taking the bus more often for local trips.



Participant Profile

Elinor Appel and Mike Rockhold

2 adults and 3 children, ages 10, 8, and 4, in household. They live in the Bryant neighborhood, by Ravenna.

Their *One-Less-Car* was a 1986 VW Jetta.
Cost to operate: \$35 per week

How did they do? - In 9 weeks, they drove 48 fewer trips and 129 fewer miles through their neighborhood. On average; they drove 5 fewer trips and 14 fewer miles every week!

How did they accomplish it? – They stopped making some trips altogether, had food delivered more, they carpooled more and caught more rides with friends, Mike did some telecommuting, and they bike some.

How much money did they save by not using their second car? - Saved an average of \$31 per week

Will they sell their second car? - Probably. They need some time before making a decision, though they say they now know they can get along without it – though it's not as convenient.

What did Elinor and Mike have to say about the study?

Best Experience: "In general it was great not having to deal with parking. We were also forced to simplify our activities."

Key Insight to Share: Elinor says: "Perhaps surprisingly, I experienced relief at having our 'extra' car removed (as an option) in my commute to work in Redmond," and "It was great to just relax into the surety of the fact that the bus would get me there, and it would take a bit over an hour, and I wouldn't have to drive."

Results:

- They saved 74 pounds of carbon dioxide (greenhouse gas) and 4 pounds of carbon monoxide (smog).
- They will continue to think ahead more often when planning trips.



Participant Profile

Steve Campbell

1 adult in household. He lives in the northern part of the Greenwood neighborhood.

His *Only Car* was a 1996 Volkswagen Jetta.
Cost to operate: \$80 per week.

How did he do? - In 9 weeks, he drove 38 fewer trips and 149 fewer miles through his neighborhood. On average he drove 4 fewer trips and 17 fewer miles every week!

How did he accomplish it? – By combining errands into fewer trips, by giving up some trips such as when it was dark outside or on weekends, and by walking more and using Flexcar when needed. He also continued biking a lot of the time.

How much money did he save by not using his only car? - Saved an average of \$75 per week.

Will he sell his only car? - No, because he feels there are still one or two trips a week that are easier using your own car.

What did Steve say about the study?

Best Experience: “The most rewarding thing was not having to worry about where to park all of the time,” and he feels “overall the effect (of participating in the study) has been to get healthier.”

Key Insight to Share: “Plan to spend more time planning how to get around. But also plan on being less stressed by traffic and having a sense of satisfaction about getting around without a car.”

Results:

- He saved 302 pounds of carbon dioxide (greenhouse gas) and 18 pounds of carbon monoxide (smog).
- He will try commuting by bike year-round instead of stopping in October.



Participant Profile

Andrew Cencini and Lauren Roberts-Fairbanks

2 adults in household. They live in the University District near Ravenna.

Their *Only Car* was a 1993 Toyota 4 Runner.
Cost to operate: \$65 per week

How did they do? - In 9 weeks, they drove 248 fewer trips and 1,629 fewer miles through their neighborhood. On average; they drove 28 fewer trips and 181 fewer miles every week!

How did they accomplish it? - By using the bus wherever possible, using taxis when needed, and by combining errands.

How much money did they save by not using their only car? - Saved an average of \$33 per week.

Will they sell their *only* car? - No because they sometimes need it for long trips. However, they will probably replace it with a less expensive car since there's no need to have a really nice car that never gets used.

What did Andrew and Lauren have to say about the study?

Best Experience: Andrew says: "Nearly every time I needed to get somewhere, I was freed of the usual worries associated with owning and operating a car -- quite liberating. I enjoyed confirming that one does not need a car at all to live a normal life."

Lauren says: "As a relative newcomer to Seattle I think the best thing about this study was that it forced me to see parts of the city that I would otherwise miss."

Key Insight to Share: "We are two young professionals who were able to survive for nine weeks without a car. We did it, so can others."

Andrew says: "I try to avoid driving at whatever the cost. Getting around in a car is a full-time job; since I already have one of those, I like to leave that to someone else."

Results:

- They saved 176 pounds of carbon dioxide (greenhouse gas) and 76 pounds of carbon monoxide (smog).
- Andrew says: "I will continue to live like I am still in the study; in other words, I am going to try and keep my car off the road . . . One-less-car significantly increased my level of consciousness with regards to transportation choices."



Participant Profile

Howard Choder and Robin Freedman

2 adults in household. They live in the northern part of the Capitol Hill neighborhood, not far from the Ship Canal.

Their *One-Less-Car* was a 1989 VW Vanagon.
Cost to operate: \$75 per week.

How did they do? - In 9 weeks, they drove 61 fewer trips and 392 fewer miles through their neighborhood. On average; they drove 7 fewer trips and 44 fewer miles every week!

How did they accomplish it? – by combining errands into fewer trips, and by carpooling more, walking and bussing more, and taking a taxi when needed.

How much money did they save by not using their second car? - Saved an average of \$59 per week.

Will they sell their second car? - No, because they feel the cost is relatively minimal because it's paid for (with only insurance and maintenance costs), though they will use it a lot less than before the study.

What did Howard and Robin have to say about the program?

Best Experience: "Increased communication due to reliance on each other and flexibility," and "We both made a contribution to the environment and started a pattern we can adhere to."

Key Insight to Share: "People should explore carpooling and ridesharing," and "We loved love the idea of using less oil in our household – for political and environmental reasons."

Results:

- They saved 41 pounds of carbon dioxide (greenhouse gas) and 18 pounds of carbon monoxide (smog).
- "We will (continue) doubling up on rides and carpooling more often and using the bus."



Participant Profile

Lisa Christoffersen and Jeff Weber

2 adults in household. They live in the Admiral neighborhood in West Seattle.

Their *One-Less-Car* was a 1995 Toyota Tercel.
Cost to operate: \$75 per week.

How did they do? - In 9 weeks, they drove 42 fewer trips and 226 fewer miles through their neighborhood. On average; they drove 5 fewer trips and 25 fewer miles every week!

How did they accomplish it? – They bussed more (especially to work) and walked more too, and they planned their errands into fewer trips.

How much money did they save by not using their second car? - Saved an average of \$24 per week.

Will they sell their second car? - Yes, because they realize they can fairly easily get by without the extra car, and the cost savings from not using the extra car is fairly substantial, and they have Flexcar as a fallback.

What did Lisa and Jeff have to say about the study?

Best Experience: “Riding our bikes to do things in the city. It is a gorgeous ride along Alki towards downtown and we probably wouldn’t have done it without the study.”

Key Insight to Share: “The cost of owning a second car exceeds the cost and difficulty of getting by with only one car.”

Results:

- They saved 129 pounds of carbon dioxide (greenhouse gas) and 6 pounds of carbon monoxide (smog).
- Jeff will continue to ride the bus to work except unless he knows he will need the car during work, and Lisa will continue to think ahead and plan her errands.



Participant Profile

Jon Daniel and Diane Roubal

2 adults and 2 children, ages 16 and 12, in household. They live just north of Ballard in the Whittier Heights neighborhood.

Their *One-Less-Car* was a 1995 Ford Windstar.
Cost to operate: \$73 per week.

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(phone # and e-mail for media purposes only)



How did they do? - In 9 weeks, they drove 117 fewer trips and 591 fewer miles through their neighborhood. On average; they drove 13 fewer trips and 66 fewer miles every week!

How did they accomplish it? - Mainly by carpooling and walking more to make the same trips for which they would have driven, and by combining their errands into fewer trips.

How much money did they save by not using their second car? - Saved an average of \$61 per week.

Will they sell their second car? - Not at this time. They like the fuel economy of the VW Golf (their 'first' car), but need the roominess of their Ford Windstar minivan especially with the kids getting taller all the time.

What did Jon and Diane have to say about the study?

Best Experience: "Having time to read on the bus."

Key Insight to Share: "That it can be done, but it takes a lot more family communication and planning – which is a nice benefit."

Their 16 year-old found it wasn't as hard as he at first thought it would be, although the bus times weren't always convenient.

Results:

- They saved 570 pounds of carbon dioxide (greenhouse gas) and 21 pounds of carbon monoxide (smog).
- They will continue to plan their errand trips, and will take the bus more often.

Participant Profile

Amy and Tom DeNucci

2 adults in household. They live in the Junction neighborhood of West Seattle.

Their *One-Less-Car* was a 1990 Ford Mustang.
Cost to operate: \$175 per week.

How did they do? - In 9 weeks, they drove 198 fewer trips and 625 fewer miles through their neighborhood. On average; they drove 22 fewer trips and 70 fewer miles every week!

How did they accomplish it? - By bussing, carpooling, and biking more instead of driving, and by planning their errands into fewer trips.

How much money did they save by not using their second car? - Saved an average of \$169 per week.

Will they sell their second car? - They probably will sell it unless Tom goes to a school outside of Seattle because he may need it for transportation. They will hang on it for now until they know more next year (in 2003).

What did Amy and Tom have to say about the study?

Best Experience: "The best experience we had getting around with 'one-less-car' was the household carpooling we did. Amy and I really enjoyed riding into work together each morning. We also combined a lot of trips too – this ultimately allowed us to spend more time together. We also learned quite a bit about the bus system and the Metro Online Trip Planner. We intend to use the bus system more often in planning our travels."

Key Insight to Share: "Creative transportation solutions are not as difficult as you think. Cars really aren't all that critical when it comes to getting around the Seattle area. There are easier, more cost effective and environmentally cleaner means of transportation all around us."

Results:

- They saved 552 pounds of carbon dioxide (greenhouse gas) and 17 pounds of carbon monoxide (smog).
- "We both have developed a greater awareness of the different transportation modes that are available to residents of Seattle. We will choose to walk to neighborhood businesses and always consider the bus when traveling downtown."



Participant Profile

Melissa Dion and Gin Yang

2 adults in household. They are roommates in the First Hill neighborhood, close to Downtown.

Their *One-Less-Car* was 1985 Honda Accord.
 Cost to operate: \$140 per week.
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How did they do? - In 9 weeks, they drove 299 fewer trips and 1,273 fewer miles through their neighborhood. On average; they drove 33 fewer trips and 141 fewer miles every week!

How did they accomplish it? – By carpooling a lot more, especially to work, and by patronizing local businesses and restaurants, and by combining errands into fewer trips.

How much money did they save by not using their second car? - Saved an average of \$82 per week.

Will they sell their second car? - No, though Melissa will probably let it go the next time it needs a costly major repair. She is also thinking about replacing it with an all-electric car.

What did Melissa and Gin have to say about the study?

Best Experience: Melissa says: “I like the freedom of not having a car. I don’t have to pay for parking or gas, sit in traffic (walking is such a nice pace – I observe more things around me when I walk)! So I’m also less stressed out when I arrive places because I wasn’t fighting traffic or getting frustrated with people driving too slow, clogging up the lanes, etc.”

Key Insight to Share: “I don’t feel as dependent on having a car, that I *need* to have a car like I did the first two weeks of the study.”

Results:

- They saved 950 pounds of carbon dioxide (greenhouse gas) and 35 pounds of carbon monoxide (smog).
- Melissa says: “I really think that I will walk to more places regardless of the weather. I will definitely carpool to work (it is *not* worth paying to drive onto the ferry), and I got a new bike last week.”

Participant Profile

Christina Dixon and Jeannie Natta

2 adults in household. They live in the Central District neighborhood.

Their One-Less-Car was a 1996 Ford Ranger.
Cost to operate: \$65 per week.

How did they do? - On average they reduced the number of trips they took by 10 trips per week, or 87 total, by not making as many trips to the store for groceries and by using delivery services more, but ended up driving their remaining car (Car 1) more miles per week overall.

How much money did they save by not using their second car? - Saved an average of \$45 per week.

Will they sell their second car? - Yes, they are working on selling it because they want to consume less.

What did Christina and Jeannie have to say about the study?

Best Experience: Having co-workers go out of their way to offer rides when Jeannie was assigned to a different worksite.

Key Insight to Share: "There are lots of way to get around. Sometimes it was less stressful because some trips got put off to a more convenient time."

Results:

- They learned that they can do most weekly grocery shopping on foot if they remember to bring a backpack.



Participant Profile

Larry Erickson and Susan Holt

2 adults in household. They live in the Admiral neighborhood in West Seattle.

Their *One-Less-Car* was a 1989 Honda Civic Si. Cost to operate: \$40 per week.

How did they do? - In 9 weeks, they drove 103 fewer trips and 941 fewer miles through their neighborhood. On average; they drove 11 fewer trips and 104 fewer miles every week!

How did they accomplish it? - By continuing to make a lot of the same trips by bus instead of driving, and by combining errands into fewer trips.

How much money did they save by not using their second car? - Saved an average of \$32 per week.

Will they sell their second car? - Yes, they have sold it! They say: "Given how little we use two cars and how much we have been spending for the rare privilege of using two cars at once, it seems stupid to keep it."

What did Larry and Susan have to say about the study?

Best Experience: They particularly enjoyed meeting up downtown after work on Fridays to have dinner together since they both were catching the bus downtown.

Key Insight to Share: "For those households that don't use both cars daily, or at least don't have a regular need for two different vehicles, the numbers don't lie. It just isn't cost effective to keep more than one vehicle when there are so many other reasonable alternatives for transportation."

Results:

- They saved 546 pounds of carbon dioxide (greenhouse gas) and 25 pounds of carbon monoxide (smog).
- They say: "We used the water taxi, bus, bicycles, and walking before the study, but are much more likely to consider them first before using any car," and "It's very unlikely we will ever again have two cars—at least not while living in Seattle."



Participant Profile

Brendan Finucane and Christian Villegas

2 adults in household. They live in the Central District neighborhood.

Their *One-Less-Car* was a 1974 Datsun Pick-up.
Cost to operate: \$25 per week.

How did they do? - In 9 weeks, they drove 44 fewer trips and 120 fewer miles through their neighborhood. On average, they drove 5 fewer trips and 13 fewer miles every week!

How did they accomplish it? – They carpooled, bussed, walked and took a taxi more often, and combined errands into fewer trips.

How much money did they save by not using their second car? - Their expenses for getting around with one-less-car equaled their car cost because their second car cost is so low.

Will they sell their second car? - They are thinking about it – their cost of operating their second car is so low they probably would not realize any savings.

What did Brendan and Christian have to say about the program?

Best Experience: They liked being forced to plan better and to think about whether they need to drive separately to events.

Key Insight to Share: “Once you start doing it, it’s easier than you think. The barriers I put up to it are similar to the ones I put up around exercise – it sounds like a bad idea until you get out and do it.”

Results:

- They saved 90 pounds of carbon dioxide (greenhouse gas) and 8 pounds of carbon monoxide (smog).
- They cleaned up their bikes and got them working, and are more conscious of the opportunities for carpooling simply by making a few phone calls.



Participant Profile

Dave and Kersten Gaba

2 adults and 1 child, age 2, in household. They live in the Belltown neighborhood.

Their *One-Less-Car* was a 1993 Izuzu Trooper.
Cost to operate: \$110 per week.

How did they do? - In 9 weeks, they drove 105 fewer trips, or about 12 fewer trips per week, by combining errands into fewer trips, and carpooling, bussing, and walking more, but ended up driving their remaining car (Car 1) more miles per week overall.

How much money did they save by not using their second car? - Saved average of \$83 per week.

Will they sell their second car? - They are thinking about – there are sometimes when they need two car for several days, and they are looking at alternatives to owning a second car.

What did Dave and Kersten have to say about the program?

Best Experience: “Easiest and most rewarding part was walking and taking the bus – good exercise and a great learning experience.”

Key Insight to Share: They didn’t realize how much they were spending on parking the car while at work, so now Dave has stopped driving to work altogether and busses instead.

Results:

- They saved 36 pounds of carbon dioxide (greenhouse gas) and 14 pounds of carbon monoxide (smog).
- Dave is now walking with the stroller which gives him a chance to exercise before and after work - leaving the stresses of work behind before coming in the house.



Participant Profile

Galen and John Goff

2 adults and 2 children, ages 8 and 5, in household. They live in the Maple Leaf neighborhood in north Seattle.

Their *One-Less-Car* was a 1988 Ford Bronco.
Cost to operate: \$50 per week

How did they do? - In 9 weeks, they drove 126 fewer trips and 476 fewer miles through their neighborhood. On average; they drove 14 fewer trips and 53 fewer miles every week!

How did they accomplish it? - By combining trips more, by using the bus instead of the car – learning to use Metro’s Trip Planner help a lot with this, and by arranging a carpool to take their kids to school.

How much money did they save by not using their second car? - Saved an average of \$42 per week.

Will they sell their second car? - No, because they feel they need it on the weekends (with the kids). However, John will commute to work by bus three days a week, and Galen would like to replace it with a more fuel efficient model.

What did Galen and John have to say about the study?

Best Experience: John liked riding the bus because “it provided some down time - a little time to relax in a busy day, and some time for thought, too.”

Key Insight to Share: “That people with children can do it too. It is harder, but perhaps not as hard as one might expect. This is also a great way to model concern for the environment for children.”

Results:

- They saved 65 pounds of carbon dioxide (greenhouse gas) and 22 pounds of carbon monoxide (smog).
- They say: “Our families will continue carpooling (the kids to school) all year. It is something we had talked about doing before but if it wasn’t for the program we might not have actually made the change. This one change significantly reduced my morning stress level.”



Participant Profile

Mitch Gray and Sangeum Kim

2 adults in household. They live in the Loyal Heights, just north of Ballard.

Their *One-Less-Car* was a 1994 Ford Taurus.
Cost to operate: \$80 per week.

How did they do? - In 9 weeks, they drove 105 fewer trips and 945 fewer miles through their neighborhood. On average, they drove 12 fewer trips and 105 fewer miles every week!

How did they accomplish it? – Mostly by carpooling as well as by biking and walking some, and by combining errands into fewer trips.

How much money did they save by not using their second car? - Saved average of \$70 per week.

Will they sell their second car? - No, they need the second car because they can't get to work by bus easily.

What did Mitch and Sangeum have to say about the program?

Best Experience: Mitch walked more than he usually does, which was actually pretty enjoyable.

Key Insight to Share: "Make sure you're completely aware of the time it will take to get around Seattle via public transportation."

Results:

- They saved 823 pounds of carbon dioxide (greenhouse gas) and 26 pounds of carbon monoxide (smog).
- Mitch will continue to bike more.



Participant Profile

Mike Hall and J.T. Thames

2 adults a 2 children, ages 6 and 1 ½, in household. They live in the Judkins Park Neighborhood of the Central District.

Their *One-Less-Car* was a 1995 Toyota Tercel.
Cost to operate: \$50 per week.

How did they do? - In 9 weeks, they drove 32 fewer trips in total, or about 4 fewer trips every week, entirely by combining errands, though they also carpooled and rode with friends some, and on occasion rode the bus, walked, or biked. However, they ended up driving their remaining car (Car 1) more miles per week overall.

How much money did they save by not using their second car? - Saved an average of \$42 per week.

Will they sell their second car? - Yes, they are working to get it sold, and look forward to the savings (on insurance and maintenance) they will have once it's gone.

What did Mike and J.T. have to say about the study?

Best Experience: "(Being in the study has) given us hope that new and creative solutions can be found for Seattle's transportation problems."

Key Insight to Share: "To us, the most important outcome of the study was the realization that we could sell the Tercel, and that (living with one-less-car) can be done, even if you have small children."

Results:

- They saved 195 pounds of carbon dioxide (greenhouse gas) and 9 pounds of carbon monoxide (smog).
- J.T. hopes to bike more often when spring comes and the construction that currently blocks access to the trail near their house is complete.



Participant Profile

David Hamilton

1 adult in household. He lives in the Beacon Hill neighborhood.

His *Only Car* was a 1990 Honda Civic.
Cost to operate: \$80 per week.

How did he do? - In 9 weeks, he drove 62 fewer trips and 402 fewer miles through his neighborhood. On average; he drove 7 fewer trips and 45 fewer miles every week!

How did he accomplish it? – By combining many separate trips into one or two trips, and by carpooling a lot, and bussing, walking, and using the taxi occasionally.

How much money did he save by not using his only car? - Saved an average of \$47 per week.

Will he sell his only car? - No, because there are just some trips each week for which a car is simply the best/most effective/convenient way to travel. But he will use it less overall.

What did Dave have to say about the study?

Best Experience: “Meeting lots of great taxi drivers and being an ambassador for the city.”

Key Insight to Share: “I am encouraged that being car-free is 100% possible in the city IF you live close enough to downtown. It has been a very positive experience.”

Results:

- He saved 251 pounds of carbon dioxide (greenhouse gas) and 11 pounds of carbon monoxide (smog).
- Dave is “100% more focused on using other choices to get around and the importance and ease of walking everywhere.”



Participant Profile

Scott Hendrickson and Mirva Kurtti

2 adults in household. They live in the lower Queen Anne neighborhood, just north of Belltown.

Their *Only Car* was a 1997 Ford Ranger.
Cost to operate: \$160 per week

How did they do? - In 9 weeks, they drove 186 fewer trips and 277 fewer miles through their neighborhood. On average; they drove 21 fewer trips and 31 fewer miles every week!

How did they accomplish it? - By walking more and using the bus instead of driving, and by making some trips less often, such as going to visit friends in Issaquah. They also shopped closer to home and shopped over the Internet more.

How much money did they save by not using their only car? - Saved an average of \$146 per week.

Will they sell their only car? - No, because they need it for some types of errands. But they now know they do not need a second car, and will always try to live with just one.

What did Scott and Mirva have to say about the study?

Best Experience: "It was lovely to not worry about parking. To just walk downtown or anywhere and not deal with the traffic or parking was ideal."

Key Insight to Share: "Just that it is easier than you think to get around without a car. There are many options that are cheaper and healthier than driving. Seattle is a very walkable city and the bus service is useful and reliable."

Results:

- They saved 256 pounds of carbon dioxide (greenhouse gas) and 10 pounds of carbon monoxide (smog).
- They will continue to walk to work and the grocery store, and bus to downtown more frequently and continue to shop closer to home.



Participant Profile

Bill Jaback and Cheryl Knox

2 adults in household. They live in the Riverview neighborhood near Highland Park in West Seattle.

Their *One-Less-Car* was a 1991 Mazda B2200.
Cost to operate: \$40 per week.

How did they do? - In 9 weeks, they drove 124 fewer trips and 780 fewer miles through their neighborhood. On average; they drove 14 fewer trips and 87 fewer miles every week!

How did they accomplish it? - By not making some trips especially when they could get the same products at stores near their workplace while on their lunch hour, and by bicycling, riding the bus more, and carpooling where possible.

How much money did they save by not using their second car? - Saved an average of \$22 per week.

Will they sell their second car? - They are considering selling it – they primarily need it to haul dirt to their garden, and are looking at ways to do this without the ‘extra’ car.

What did Bill and Cheryl have to say about the study?

Best Experience: “Breezing past traffic on my bike when going into work,” and “the most rewarding change was the degree of consciousness we acquired in making decisions about our travel patterns.”

Key Insight to Share: Bill says: “The health benefits of biking and busing are also immense. Not having access to our ‘extra’ car during this study reaffirmed just how good it feels to walk to the bus or bike to wherever we need to go. We also found that biking together is a great way to spend quality one-on-one time with one another.”

Cheryl says: “Participating in this study has made us more aware of how our transportation choices reflect our values. Not only how we view the environment, but also how we choose to interact with the world around us. Cars are very insular and, I think, shelter people from the reality around them.”

Results:

- They saved 302 pounds of carbon dioxide (greenhouse gas) and 18 pounds of carbon monoxide (smog).
- Cheryl will continue to use using biking, bussing, and carpooling as her primary way to travel to and from work, and Bill will bike wherever possible.



Participant Profile

Kim Johnson and Candi Wilang

2 adults and 2 children, ages 12 and 2, in household. They live in the Cascade neighborhood south of Lake Union.

Their *One-Less-Car* was a 1987 Ford E150 Conversion Van.

Cost to operate: \$85 per week.

How did they do? - In 9 weeks, they drove 22 fewer trips and 16 fewer miles through their neighborhood. On average, they drove 2 fewer trips and 2 fewer miles every week!

How did they accomplish it? - They walked, bussed, and carpooled more, and rode the shuttle from their community center more.

How much money did they save by not using their second car? - Saved average of \$85 per week.

Will they sell their second car? - Yes, they have sold it.

What did Kim and Candi have to say about the program?

Best Experience: Being able to save the money they would have spent on gas and operating costs for the van.

Results:

- They saved 2 pounds of carbon dioxide (greenhouse gas) and 1 pound of carbon monoxide (smog).
- They are replacing the van they sold with a 4-person bicycle for the family.



Participant Profile

Barbara Kavanaugh

1 adults in household. She lives in the Meadowbrook neighborhood, near Lake City.

Her *Only Car* was a 1968 VW Bug.
Cost to operate: \$60 per week.

How did she do? - In 9 weeks, she drove 74 fewer trips and 193 fewer miles through her neighborhood. On average, she drove 8 fewer trips and 21 fewer miles every week!

How did she accomplish it? – She stopped making some trips if it was later at night or if it would have taken too much time to get there, and she carpooled, biked, and bussed more often.

How much money did she save by not using her only car? - Saved average of \$60 per week.

Will they sell her only car? - No, because its her only car and she doesn't always feel safe biking or bussing later in the evenings.

What did Barbara have to say about the program?

Best Experience: Some really great bike rides on the way to and from work.

Key Insight to Share: "If you are giving up your only car: Have a resource of people close to you who can be available for car trips. Give yourself more time in the morning for getting ready and getting to work when biking or busing. Be prepared that you might feel trapped at home."

Results:

- She saved 156 pounds of carbon dioxide (greenhouse gas) and 10 pounds of carbon monoxide (smog).
- "The lasting changes will be consciously choosing to bike or bus for shorter trips, because I know that I can. Also, not simply leaping into the car for the smallest of errands, but instead actually evaluating what I'm doing and why."



Participant Profile

Todd Kurtz and Anne-Marie Hummel

2 adults in household. They live in the Arbor Heights neighborhood, in the southwestern tip of West Seattle.

Their *One-Less-Car* was a 1988 Volkswagon Jetta GL. Cost to operate: \$25 per week.

How did they do? - In 9 weeks, they drove 123 fewer trips and 1,618 fewer miles through their neighborhood. On average they drove 14 fewer trips and 180 fewer miles every week!

How did they accomplish it? – Mostly by carpooling, and also by walking more, and on occasion using a rental car.

How much money did they save by not using their second car? - Saved average of \$7 per week.

Will they sell their second car? - No, because “our ‘extra car’ is an extremely inexpensive convenience that we use with as much sensitivity to the environment as possible. The convenience for us greatly outweighs the expense of owning this second car. If renting a car for a day was less expensive and more convenient, I think we would consider going to one car.”

What did Todd and Anne-Marie have to say about the program?

Best Experience: “I (Todd) enjoyed getting to know a friend better via our carpool. Ann-Marie was already consistently carpooling with his wife, however(my friend) and I were taking separate cars to the same work-place. Carpooling afforded us the opportunity to get to know one another better.”

Key Insight to Share: “Cutting out the monthly expenses of a vehicle can be enormous, and putting those funds to something else would be extremely powerful. The sacrifice is minimal and the gain potentially staggering. I’ll bet if you had a baby, got rid of an extra car and invested the monthly savings, you’d save more than enough to pay for a top notch college education when they turned 18.” Or “put it in a savings account and watch it pile up. Then spend it on vacations, house remodels, a down payment on a new house, education, or something else significant.”

Results:

- They saved 1,207 pounds of carbon dioxide (greenhouse gas) and 45 pounds of carbon monoxide (smog).
- Todd will continue to carpool to work with a co-worker and friend who lives nearby, but on a more limited basis because he would like to stop on his way home from work to work out a several days a week.



Participant Profile

Sam and Terri Lawrence

2 adults and 2 children, ages 10 and 7, in household. They live in the Bryant neighborhood, near to Ravenna.

Their *One-Less-Car* was a 1996 Subaru Outback Wagon.

Cost to operate: \$90 per week.

How did they do? - In 9 weeks, they drove 75 fewer trips and 525 fewer miles through their neighborhood. On average, they drove 8 fewer trips and 58 fewer miles every week!

How did they accomplish it? – By bussing more – both the adults and the older child began bussing to work/school, and walking more, and by combining trips and using a taxi when necessary.

How much money did they save by not using their second car? - Saved average of \$40 per week.

Will they sell their second car? - No.

What did Sam and Terri have to say about the program?

Best Experience: For Sam, “I think it was riding the bus in the morning and walking home from the bus stop in the evening. It seemed like life slowed down for me during those times.” For Terri, “Taking the bus to school was much more convenient and cheaper than taking a car.”

Key Insight to Share: Terri says, “I really liked how (living with one-less-car) linked our family together. My husband and I needed to keep in touch with each other on where we were going and when we’ll be home because we only had one car, as a result, I felt more connected to him and his day. Also, when I got home after taking the bus each day, my daughter was already home (since I didn’t have to pick her up). Thus, we had about 30 minutes to chat about her day before I walked to get our son. Then, I would walk home with my son from school and get the scoop on how his day went. It was really nice tuning-in to what’s happening in each family member’s life. I think that was the best part of the study for me . . . it contributed to our family becoming tighter and more connected.”

Results:

- They saved 424 pounds of carbon dioxide (greenhouse gas) and 14 pounds of carbon monoxide (smog).
- They will continue using the bus more, especially for school.



Participant Profile

Lynn Montgomery

1 adult in household. She lives in the Wallingford Neighborhood.

Her *Only Car* was a 1987 Subaru Station Wagon.
Cost to operate: \$50 per week.

How did she do? - In 9 weeks, she drove 232 fewer trips and 890 fewer miles through their neighborhood. On average; she drove 26 fewer trips and 99 fewer miles every week!

How did she accomplish it? - By continuing to make the same trips by walking, bussing, and Flexcar when needed, and by combining errands.

How much money did she save by not using her only car? - Saved average of \$38 per week.

Will she sell her *only* car? - Yes, she donated it to Northwest Alternatives, and will use Flexcar to fill in where bussing, walking, and biking aren't feasible.

What did Lynn have to say about the study?

Best Experience: "The increased amount of exercise (from) walking," and "(being free from) the traffic issues associated with driving in Seattle."

Key Insight to Share: "My time organization is very different (now). I shop for extended time periods, not just one week. I have a geographical sphere and consider any errands with a 2 mile distance as walkable, although I am (also) very familiar with the Metro bus routes. I make short trips or errands on a regular basis."

Results:

- She saved 688 pounds of carbon dioxide (greenhouse gas) and 24 pounds of carbon monoxide (smog).
- She will continue her virtually car-free lifestyle. She says: "The reason I am able to continue the car-less lifestyle is because of access to a vehicle through my Flexcar membership. I really see the Flexcar coop as a way for multiple car households to reduce private car ownership."



Participant Profile

Craig and Sheri Nelson

2 adults and 1 child, age 3, in household. They live in the Bitter Lake neighborhood, just a few blocks from the Seattle city limits with King County.

Their *One-Less-Car* was a 1994 Nissan Altima.
Cost to operate: \$55 per week.

How did they do? - In 9 weeks, they drove 76 fewer trips and 1,022 fewer miles through their neighborhood. On average, they drove 8 fewer trips and 114 fewer miles every week!

How did they accomplish it? – They combined errands into fewer trips, and bussed a lot more, and carpooled and walked some.

How much money did they save by not using their second car? - Saved average of \$43 per week.

Will they sell their second car? - No, because they need it in case of emergencies. Bu they will drive it less and bus more.

What did Craig and Sheri have to say about the program?

Best Experience: “Knowing that we were saving energy and traffic frustration made it pretty worthwhile too.”

Key Insight to Share: “Realizing that it can be done. That we may really not need that second car. That if one of our cars breaks down, we can handle it. “

Results:

- They saved 620 pounds of carbon dioxide (greenhouse gas) and 28 pounds of carbon monoxide (smog).
- “We will continue to try not to use the second car if we can, or at least see if we can get by without it. I think it has made everybody in our family and around us more aware of ‘transportation conservation’.”



Participant Profile

George and Teresa Nemeth

2 adults, and 2 children, ages 9 and 7, in household. They live in the Capitol Hill Neighborhood.

Their *One-Less-Car* was a 1994 Nissan Altima.
Cost to operate: \$82 per week

How did they do? - In 9 weeks, they drove 230 fewer trips, or about 26 fewer trips every week, by making the same trips by biking and bussing instead, and by combining errands instead making several single trips, but ended up driving their remaining car (Car 1) more miles per week overall.

How much money did they save by not using their second car? - Saved an average of \$76 per week

Will they sell their second car? - No, because their 'extra' car, though older, is still a wonderful, reliable car.

What did George and Teresa have to say about the study?

Best Experience: George says: "It forced me to figure out some bus routes and to get used to the bus. But the best experience by far is that it put me back on the bicycle."

Key Insight to Share: "A family with two kids, two different schools, and very busy schedules can also do it."

They go on to say, "Because we consider ourselves quite aware of issues of pollution and consumption, the most beneficial aspect of the study was the actual PRACTICE piece: the fact that we had to try to get by with only one car. It's good to know that we can do this without significantly affecting how we operate as a family."

Results:

- They saved 245 pounds of carbon dioxide (greenhouse gas) and 9 pounds of carbon monoxide (smog).
- George says, "I'll definitely stick with my biking to work whenever possible. I like it, and it is a good workout."



Participant Profile

Allison and Eric Ogden

2 adults in household. They live in the Wedgwood neighborhood in northeastern Seattle.

Their *One-Less-Car* was a 1993 Subaru Legacy.
Cost to operate: \$120 per week.

How did they do? - In 9 weeks, they drove 168 fewer trips and 1,054 fewer miles through their neighborhood. On average, they drove 19 fewer trips and 117 fewer miles every week!

How did they accomplish it? – By combining errands into fewer trips, and by biking a lot more, and carpooling some.

How much money did they save by not using their second car? - Saved average of \$115 per week.

Will they sell their second car? - No, because their schedules differ enough they need a second car.

What did Allison and Eric have to say about the program?

Best Experience: Eric says “ I was able to get in better shape physically from riding my bike and experiencing nature on a daily basis.”

Key Insight to Share: “Schedule ahead, find fun and constructive alternatives to driving like riding your bike or walking and prepare for the challenge, both mentally and physically!” And “We would encourage anyone who could to participate so that we can all learn, adapt and contribute to the City’s transportation solutions and not its problems.”

Results:

- They saved 787 pounds of carbon dioxide (greenhouse gas) and 29 pounds of carbon monoxide (smog).
- They will continue biking, carpooling, and walking more.



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How much money did they save by not using their second car? - Saved average of \$115 per week.

Will they sell their second car? - No, because their schedules differ enough they need a second car.

What did Allison and Eric have to say about the program?

Best Experience: Eric says “ I was able to get in better shape physically from riding my bike and experiencing nature on a daily basis.”

Key Insight to Share: “Schedule ahead, find fun and constructive alternatives to driving like riding your bike or walking and prepare for the challenge, both mentally and physically!” And “We would encourage anyone who could to participate so that we can all learn, adapt and contribute to the City’s transportation solutions and not its problems.”

Results:

- They saved 787 pounds of carbon dioxide (greenhouse gas) and 29 pounds of carbon monoxide (smog).
- They will continue biking, carpooling, and walking more.



Participant Profile

Denise Ottoson and Margaret Lemberg

2 adults in household. They live in the Capitol Hill neighborhood.

Their *One-Less-Car* was a 1997 Honda Civic.
Cost to operate: \$55 per week.

How did they do? - In 9 weeks, they drove 8 fewer trips and 16 fewer miles through their neighborhood. On average, they drove 1 fewer trips and 1.7 fewer miles every week!

How did they accomplish it? – By not making some trips at all, by borrowing a car when needed, and by bussing and walking some.

How much money did they save by not using their second car? - Saved average of \$48 per week.

Will they sell their second car? - No, because “Denise, in particular, felt quite constrained by the lack of a readily available car to do “quick trips.” The time it takes to travel without a car turned out to be crucial.” Also “having offstreet parking is a big plus for keeping the second car. If we didn’t have that, there would be more incentive to get rid of it.”

What did Denise and Margaret have to say about the program?

Best Experience: Margaret says, “Denise thought it was great to do without the car expenses. It was also nice not have to find and pay for parking. (Additionally) Denise’s 70-year-old Sunday walking partner has been encouraged to give up her car next year.”

Key Insight to Share: “Actually try it for a month or more; cancel the liability portion of your car insurance to help make sure you don’t drive it. If it really isn’t that frustrating to do without one, you really don’t need it.”

Results:

- They saved 9 pounds of carbon dioxide (greenhouse gas) and 1/2 a pound of carbon monoxide (smog).
- “We will both continue to be more willing to choose walking or bussing as a means of transport” and “since we are both approaching a time when driving is more onerous because of our age, we will be open to non-car travel.”



Participant Profile

Scott Paluska and Nancy McElwain

2 adults and 1 child, age 1, in household. They live in the Magnolia neighborhood.

Their *One-Less-Car* was a 1995 VW Jetta.
Cost to operate: \$75 per week.

How did they do? - In 9 weeks, they drove 56 fewer trips, or about 6 fewer trips every week by bussing, carpooling, and walking more, and by combining errands into fewer trips, but ended up driving their remaining car (Car 1) more miles per week overall.

How much money did they save by not using their second car? - Saved average of \$71 per week.

Will they sell their second car? - No, because both parents work in addition to having a small child and having a second car appears to be a necessity.

What did Scott and Nancy have to say about the program?

Best Experience: "Spending time together to plan and coordinate our schedules."

Key Insight to Share: "(Participating in the study) made us more aware of our driving habits and (their) costs."

Results:

- They saved 186 pounds of carbon dioxide (greenhouse gas) and 7 pounds of carbon monoxide (smog).
- "We will consider using the bus more often and walking for trips less than 2 miles each way."



Participant Profile

Lisa Picard

1 adult in household. She lives in the Greenlake neighborhood.

**Her *Only Car* was a 1999 Audi A6.
Cost to operate: \$210 per week.**

How did she do? - In 9 weeks, she drove 204 fewer trips and 1,554 fewer miles through her neighborhood. On average, she drove 23 fewer trips and 173 fewer miles every week!

How did she accomplish it? – She combined errands into fewer trips, and stopped making some trips altogether, and she biked, bussed, walked, and carpooled a lot more.

How much money did she save by not using her only car? - Saved an average of \$194 per week.

Will she sell her only car? - No, because “although I will continue to be one-less-car on the roadways in the peak travel periods, I am highly dependent on my car for recreation (country skiing, mountain biking, etc.) on the weekends. Flexcar doesn’t work because I feel much safer in an (all-wheel-drive) vehicle traveling over mountain roads with snow and ice.”

What did Lisa have to say about the study?

Best Experience: “Getting an education on transportation choices. I think that without the study I would have never spent the time to learn the bus system or the various other transportation choices I have (instead of) driving. Further, I really enjoyed my commute once I learned how to do it,” and “Later I discovered that biking to the bus stop, then bussing and biking again was super-efficient and may actually be faster than a car in rush hour.”

Key Insight to Share: “I would suggest that the typical transportation choices are not the only options available to a household. Sometimes combining (say bike and bus in the same trip) is a highly efficient transportation alternative that can work extremely well and often times better than the common choices people make.”

Results:

- She saved 1,478 pounds of carbon dioxide (greenhouse gas) and 33 pounds of carbon monoxide (smog).
- “I want to avoid driving my car because it costs a lot of money. I’ll probably cancel my insurance in the summer when I don’t really need my car. For commuting I will bike and for errands I plan to use a scooter,” and “At work I’ve elected to give up my \$120 per month parking stall for the company-paid bus pass. This will continue to push me to (live with) “one-less-car.”



Participant Profile

Shannon and Vaughan Roach

2 adults and 1 child, age 9, in household. They live in the Central District neighborhood, just northeast of Greenwood.

Their *One-Less-Car* was a 1989 Ford Ranger.
Cost to operate: \$55 per week.

How did they do? - In 9 weeks, they drove 218 fewer trips and 698 fewer miles through their neighborhood. On average, they drove 24 fewer trips and 78 fewer miles every week!

How did they accomplish it? –By biking, bussing, and carpooling a lot more, and by combining errand into fewer trips.

How much money did they save by not using their second car? - Saved average of \$51 per week.

Will they sell their second car? - Yes, they are living with one-less-car because their primary car broke down during the study and it is not worth the cost of fixing it and insuring it.

What did Shannon and Vaughan have to say about the program?

Best Experience: Shannon says “Walking home from school with my son and stopping for a chat and a snack at a café on the way home.” Vaughan says “When I rode the bus or my bike and I didn’t have to worry about parking.”

Key Insight to Share: “Having one-less-car saves our household much more money than we thought. It was a great learning experience.” Their tip to Seattlites who are considering living with one-less-car is: “Lobby for better public transportation.”

Results:

- They saved 615 pounds of carbon dioxide (greenhouse gas) and 32 pounds of carbon monoxide (smog).
- “We’ll think more about different modes of transportation. We even bought our son a new bike so he could commute via bike more easily.”



Participant Profile

Susan Sanem and Vincent Bjarko

2 adults and 1 child, age 5, in household. They live in the north Queen Anne Neighborhood.

Their *One-Less-Car* was a 1987 VW Vanagon. Cost to operate: \$105 per week.

How did they do? - In 9 weeks, they drove 111 fewer trips and 123 fewer miles through their neighborhood. On average; they drove 12 fewer trips and 14 fewer miles every week!

How did they accomplish it? – Primarily by combining errands they would have made separate trips for, and by using non-car modes for some of the trips for which they would have driven.

How much money did they save by not using their second car? - Saved an average of \$83 per week

Will they sell their second car? - No, because they use the Vanagon to go camping. However, they will keep it parked as much as possible the rest of the time now that they have discovered how to get along without it.

What did Susan and Vincent have to say about the study?

Best Experience: Walking to and from work everyday.

Key Insight to Share: “The most rewarding thing about giving up driving to work and walking instead was getting to cross the ship canal, see neighbors, have a transition between work and home, and get a little exercise to boot.”

Results:

- They saved 15 pounds of carbon dioxide (greenhouse gas) and 6 pounds of carbon monoxide (smog).
- The study made them more conscious of their transportation schedules and needs.



Participant Profile

Bob and Patti Stroschein

2 adults and 2 children, ages 18 and 14, in household. They live in the Lake City neighborhood in northeastern Seattle.

Their *One-Less-Car* was a 1985 Honda Civic.
Cost to operate: \$80 per week.

How did they do? - On average they reduced the number of trips they took by 19 trips per week, or 174 total, and reduced their total mileage by all transportation modes by over 100 miles per week by carpooling and combining errands, but ended up driving their remaining car (Car 1) more miles per week overall.

(Note: in reviewing their travel diaries it seems this household has a fairly steady weekly mileage, and that several atypical trips – such as to Renton and back – during the non-driving periods gives an unrealistic picture of their travel behavior with one-less-car. For instance, if one of these atypical trips had occurred during the baseline period rather than in the non-driving period, they would have clearly had a positive number for saved trips and mileage.)

How much money did they save by not using their second car? - Saved average of \$59 per week.

Will they sell their second car? - They are undecided, though they like the idea of only maintaining 1 car. They will see what it is like when their daughter comes home over a holiday break and the 3 of them share 1 car.

What did Bob and Patti have to say about the program?

Best Experience: “Realizing that the bus could be just as fast as driving . . . once I got to the bus and boarded” and “feeling proud of the fact that we are not contributing to traffic congestion; not (being) another ‘gas guzzler’.”

Key Insight to Share: “That it is possible to get by with one-less-car! Try it, you’ll like it!”

Results:

- “We’ll definitely walk and bike more” and “will choose the bus more often because it really was just as fast as driving once I got to the bus.”



Participant Profile

David Thomley and Linda Dethman

2 adults and 1 child, age 14, in household. They live in the Mount Baker neighborhood.

Their *One-Less-Car* was a 1992 Volvo 240.
Cost to operate: \$100 per week.

How did they do? - On average they reduced the number of trips they took by 5 trips per week, or 45 total, by bussing, carpooling, and walking more and by combining some errands, but ended up driving their remaining car (Car 1) more miles per week overall.

How much money did they save by not using their second car? - Saved average of \$90 per week.

Will they sell their second car? - Yes, they have sold it!

What did David and Linda have to say about the program?

Best Experience: "The best experience was simply being able to do it without missing the other car that much."

Key Insight to Share: "The main thing is that there are transportation alternatives out there and, compared to the cost of car ownership, they can be much cheaper" and "be prepared to have more frequent and open communications with housemates about transportation needs – this could be a good thing!"

Results:

- They saved 123 pounds of carbon dioxide (greenhouse gas) and 4 pounds of carbon monoxide (smog).
- They will definitely be planning more and will be looking forward to trying Flexcar.



Participant Profile

James Tomlinson and Cathleen O'Callaghan

2 adults and 1 child, age 7, in household. They live in the Ballard neighborhood.

Their *One-Less-Car* was a 1994 Mazda Protege. Cost to operate: \$50 per week.

How did they do? - In 9 weeks, they drove 156 fewer trips and 648 fewer miles through their neighborhood. On average, they drove 17 fewer trips and 72 fewer miles every week!

How did they accomplish it? - By bussing a lot and carpooling some, and by combining errands into fewer trips.

How much money did they save by not using their second car? - Saved average of \$43 per week.

Will they sell their second car? - No, because they like the freedom to go to and from work when Jim wants to (rather than waiting for the bus).

What did James and Cathleen have to say about the program?

Best Experience: "Getting a lot of reading done on the bus."

Key Insight to Share: "(Being in the study) made us aware of how busy our lives are, and how our cars facilitate that busyness."

Results:

- They saved 465 pounds of carbon dioxide (greenhouse gas) and 18 pounds of carbon monoxide (smog).
- Jim will be riding the bus more often, and he's considering using his bike for the occasional commute trip.



Participant Profile

Don Werner and Mary Beth O'Neill

2 adults in household. They live in the Wedgwood neighborhood in northeastern Seattle.

Their *One-Less-Car* was a 1990 Toyota Pick-up.
Cost to operate: \$35 per week.

How did they do? - In 9 weeks, they drove 48 fewer trips and 366 fewer miles through their neighborhood. On average, they drove 5 fewer trips and 41 fewer miles every week!

How did they accomplish it? – By combining errands into fewer trips, carpooling and bussing more, and took a taxi on occasion.

How much money did they save by not using their second car? - Saved average of \$4 per week.

Will they sell their second car? - No, because they like having the pick-up around for hauling things.

What did Don and Mary Beth have to say about the program?

Best Experience: Don says, "I enjoyed riding the bus because it usually is relaxing and more sociable than driving." He also liked the added exercise he got.

Key Insight to Share: "Pedestrian-friendly neighborhoods (those with basic services within half a mile) make living without a car a lot more easy!"

Results:

- They saved 309 pounds of carbon dioxide (greenhouse gas) and 17 pounds of carbon monoxide (smog).
- Don will continue walking to nearby services.



Participant Profile

Lisa and Roger Whalen

2 adults in household. They live in the north Queen Anne neighborhood.

Their *One-Less-Car* was a 1989 Honda CRX.
Cost to operate: \$70 per week.

How did they do? - In 9 weeks, they drove 132 fewer trips and 559 fewer miles through their neighborhood. On average; they drove 15 fewer trips and 62 fewer miles every week!

How did they accomplish it? - By using non-car modes on trips for which they would have driven, and by combining errands.

How much money did they save by not using their second car? - Saved average of \$64 per week.

Will they sell their second car? - No, because they need a second car at times, although they have not needed it often and will use it even less now.

What did Lisa and Roger have to say about the study?

Best Experience: "We learned the bus system is VERY convenient from our home! We also finally continued to use our bikes past only the summer months."

Key Insight to Share: "Get out of your car and see for yourself how freeing it is. Get out and see the world without being behind the wheel. You see much more and get a better body doing it (if you're walking or on your bike, that is!)"

Results:

- They saved 329 pounds of carbon dioxide (greenhouse gas) and 15 pounds of carbon monoxide (smog).
- They say, "The lasting changes will definitely be the walking, biking and busing. We're anticipating even using those modes more as we move into spring and summer."



Participant Profile

Jennifer Williams and Irene Summers

2 adults in household. They are roommates in Wallingford and live next to Aurora Avenue.

Their *One-Less-Car* was a 1999 Saturn SL2.
Cost to operate: \$160 per week.

How did they do? - In 9 weeks, they drove 394 fewer trips and 1,005 fewer miles through their neighborhood. On average, they drove -- fewer trips and -- fewer miles every week!

How did they accomplish it? – By carpooling a lot, and bussing and walking more, and combining errands into fewer trips.

How much money did they save by not using their second car? - Saved average of \$156 per week.

Will they sell their second car? - No, because Jennifer likes having her car, and because for practical purposes Jennifer did not really have access to her roommate's car the way a couple would if they were going from 2 cars to 1 car.

What did Jennifer have to say about the program?

Best Experience: "The best experience was figuring out all of the different ways that I (Jennifer) could get around. I learned about 5 different bus routes."

Key Insight to Share: "I think it's important to know the funding for public transportation is important. During the study I felt like if the public transportation system was improved it would be a lot easier to get around."

Results:

- They saved 630 pounds of carbon dioxide (greenhouse gas) and 21 pounds of carbon monoxide (smog).
- Jennifer says "The overall effect of participating in the study has been becoming more aware of why I'm going someplace and if I really need to go. Can it wait, can I car pool, can I walk or take a bus in the same amount of time. Before the study I wouldn't really think about where I was going, I would just go. Now that I realize how easy it is to make other decisions, I will definitely try to do so."



in their words . . .

Quotes from One-Less-Car 2002 Diaries

'Best Experiences' during the 2002 Study:

"The most rewarding thing was not having to worry about where to park all of the time."

"Nearly every time I needed to get somewhere, I was freed of the usual worries associated with owning and operating a car -- quite liberating. I enjoyed confirming that one does not need a car at all to live a normal life."

"Breezing past traffic on my bike when going into work," and "the most rewarding change was the degree of consciousness we acquired in making decisions about our travel patterns."

"The most rewarding thing about giving up driving to work and walking instead was getting to cross the ship canal, see neighbors, have a transition between work and home, and get a little exercise to boot."

"The best experience we had getting around with 'one-less-car' was the household carpooling we did. My wife and I really enjoyed riding into work together each morning. We also combined a lot of trips too -- this ultimately allowed us to spend more time together."

"It was lovely to not worry about parking. To just walk downtown or anywhere and not deal with the traffic or parking was ideal."

"I like the freedom of not having a car. I don't have to pay for parking or gas, sit in traffic (walking is such a nice pace -- I observe more things around me when I walk)! So I'm also less stressed out when I arrive places because I wasn't fighting traffic or getting frustrated with people driving too slow, clogging up the lanes, etc."

"Perhaps surprisingly, I experienced relief at having our 'extra' car removed (as an option) in my commute to work in Redmond. It was great to just relax into the surety of the fact that the bus would get me there, and it would take a bit over an hour, and I wouldn't have to drive."

"The increased amount of exercise (from) walking," and "(being free from) the traffic issues associated with driving in Seattle."

in their words.....

Quotes from One-Less-Car 2002 Diaries

'Key Insights to Share' from the 2002 Study:

"A family with two kids, two different schools, and very busy schedules can also do it."

"The cost of owning a second car exceeds the cost and difficulty of getting by with only one car."

"Creative transportation solutions are not as difficult as you think. Cars really aren't all that critical when it comes to getting around the Seattle area. There are easier, more cost effective and environmentally cleaner means of transportation all around us."

"We are two young professionals who were able to survive for nine weeks without a car. We did it, so can others."

"The health benefits of biking and busing are also immense. Not having access to our 'extra' car during this study reaffirmed just how good it feels to walk to the bus or bike to wherever we need to go. We also found that biking together is a great way to spend quality one-on-one time with one another."

"Participating in this study has made us more aware of how our transportation choices reflect our values. Not only how we view the environment, but also how we choose to interact with the world around us. Cars are very insular and, I think, shelter people from the reality around them."

"To us, the most important outcome of the study was the realization that we could sell the Tercel, and that (living with one-less-car) can be done, even if you have small children."

"Just that it is easier than you think to get around without a car. There are many options that are cheaper and healthier than driving. Seattle is a very walkable city and the bus service is useful and reliable."

"Our families will continue carpooling (the kids to school) all year. It is something we had talked about doing before but if it wasn't for the program we might not have actually made the change. This one change significantly reduced my morning stress level."

"I try to avoid driving at whatever the cost. Getting around in a car is a full-time job; since I already have one of those, I like to leave that to someone else."

"(Being in the study has) given us hope that new and creative solutions can be found for Seattle's transportation problems."